



FHC Outreach News

Fisheries and Habitat Conservation
"Healthy Fish and Wildlife, Healthy Habitats,
Healthy People and Healthy
Economies"

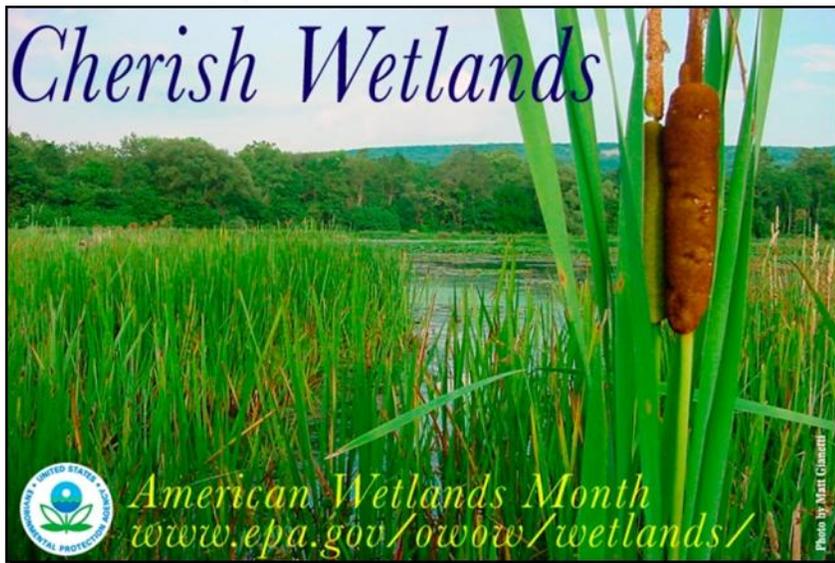
May 2005

Dr. Mamie Parker, Assistant Director



May is Wetlands Month!

Cherish Wetlands



Upcoming Events:

The Next Washington Office Outreach Forum (WOOF) Meeting will feature an exciting presentation by the Recreational Fishing and Boating Foundation (RBFF). RBFF will be presenting a mini-marketing seminar on their campaign "Take Me Fishing." They will also provide us with tools and how-to marketing tips useful to co-brand with "Take Me Fishing" or to use for a different venture within your division/program. RBFF has a terrific "Best Practices" guide for stewardship education and other educational products.

Don't Miss It!

Wednesday, May 25th, at 1 p.m. in Room 2064 (4501 N. Fairfax Dr.).

THANKS to everyone who has "stepped up to the plate" and given a brown bag luncheon for FHC. These talks are great-informative, educational and fun! Please take the time to thank one of our "brown baggers" the next time you see them for a **JOB WELL DONE!!**

**Get Ready for...
National Fishing and Boating Week 2005!**

Volunteers are needed to assist with this year's National Fishing Day event on June 6th! Bennie Williams (x1816) is coordinator again this year and is collecting names of volunteers. All volunteers will need to attend a training session to be fully prepared to work at the event. It's a great day and a huge success with the kids, so **DON'T MISS IT!!!**



MARK YOUR CALENDARS! EVERYONE IS INVITED TO ATTEND...

**THE NEXT FHC OUTREACH TEAM MEETING IS TUESDAY, JUNE 14TH,
1:00-3:00 P.M. IN ROOM 800, ARLSQ.**

Career and Stress Management During Tough Times

We're all feeling the "pinch" of tight budgets and the hiring freeze. So, how do we keep our careers on track with so many opportunities, like travel for training, etc., disappearing? And how do we reduce stress in that same environment? Here are some ideas to continue your professional growth, even when times are tough.

On Career...

"What is the recipe for successful achievement? To my mind there are just four essential ingredients: Choose a career you love, give it the best there is in you, seize your opportunities, and be a member of the team."

—Benjamin F. Fairless



**Wetlands are
Wonderful**

The FHC Outreach Mission:

"To create and share a passion for Fisheries and Habitat Conservation that unifies, engages, and inspires all our audiences."

1. **Consider a detail.** Talk to your supervisor or co-workers about doing a detail to another position or to complete a special project. It will give you a break, a new perspective, and improve your skills and/or marketability. You'll see how another workplace functions and learn something new. Look around at nearby positions/divisions for a low cost detail, or to a field station for a change-of-scenery option, whichever fits into your office's budget and workload.
2. **Find or Be a Mentor.** Finding a mentor is a great way to learn more about your organization and the right path to take to get ahead. Volunteering to be a mentor for someone else gives you great insight into what younger staff members are all about, helps you share your valuable skills and experience, and can boost your resume in the area of leadership and mentoring experience.
3. **Volunteer to Instruct or Present** a topic within your area of expertise. Having a skill is very different from presenting that skill to others. Gaining experience as an instructor requires you to apply your experience and skills in a different way, forces you to think from the student's perspective, and challenges you to try a different method of communicating with others.
4. **Go back to school** or take a night class to improve your skills. It can be as simple as an Adult Education class at the local recreation center, to an advanced degree—anything to help fire up those brain cells. And, something I found out that really was a surprise at the time—the classroom is a great place to network, meet folks from other agencies and areas of interest, and get a new perspective on your career through the eyes of others.
5. **Join a group**, like our local Toastmasters or a Journalism club, for example, to improve your skills.
6. **Network**—establish a group at work, preferably from different work areas or divisions, to meet over lunch once a month to discuss career strategies.
7. **Volunteer!** Talk to the manager of a nearby FRO/Refuge/Etc., non-profit group, or other type of workplace that interests you and volunteer. By the hour or by adopting a project, you can gain skills, improve your resume, and even have fun! As an added bonus, you may find yourself a retirement career, and interacting with a different workgroup altogether can sometimes bring on some amazing "ah-hah" moments.
8. **Pursue a new hobby.** Many of us wait until we retire to get excited about a new hobby. Maybe tough times are a good reminder to us all to have a "backup plan" ready for any eventuality. A hobby that is both enjoyable and a possible source of income or skill building can certainly be an asset. Hobby meetings, clubs, etc., are additional places to network and improve interpersonal communications and leadership skills.